

ANNUAL REPORT OF THE DEPARTMENT OF PHYSICAL EDUCATION **(2018-19)**

Sports and games have now days been become an integral part of students in our College. We could arrange a series of activities to our students for the promotion of sports as well as for their overall development.

The activities started from the very beginning of the academic year with the starting of coaching camps in Volleyball and Athletics. Students used to attend the camp in the morning from 6.30 -8.30 and in the evening from 4 to 6.30. For girls, training was given in the evening from 4 to 5.30. Accommodation to the men Volley ball team was provided inside the campus. Training in Cricket, Kabaddi, and Chess were also given.

Training to the following events were conducted

Sl.No	Activities	Men	Women
1.	Volleyball Men	✓	
2.		✓	
3.	Athletics	✓	✓
4.		✓	
5.	Cricket	✓	
	Kabaddi		✓
	Chess		

Our College teams took part in various Inter Collegiate level competitions held at different Colleges under University of Kerala.

Sl.No	Activities	Men	Women	Position	
				Men	Women
1.	Volleyball	✓			
2.		✓			
3.	Kabaddi	✓			
4.		✓			
5.	Athletics	✓	✓		
6.		✓	✓		

7.	Chess Wrestling Power lifting Fencing	✓		6	7 2 nd and 3 rd position
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AnjithaUnnithan of III B.Sc took silver and Hancy of III BA bagged bronze in Epee and Foil category in Fencing Championship held at Department of Physical Education University of Kerala on 11th December 2018.



Fencing Championship winners

Our Department has given training in Athletics, Kabaddi and Volleyball to the school students of Government Higher Secondary School, Bharathannoor as an extension activity. We used to give training to these children during Saturdays, Sundays and on summer holidays. 30 students in Athletics, 16 in kabaddi and 14 in volleyball were benefited from this Programme.





Training at Govt. H.S.S Bharathannoor

Kerala University Inter Collegiate Interzonal chess championship and University team selection for Men and women were held in our campus from 25th to 27th September 2018. 216 students from 36 Colleges took part in the Championship. Dr. Jayarajan David, Director in Charge, Department of Physical Education, University of Kerala inaugurated the Championship. Dr.A.Baiju, Head of the Department of Physical Education delivered welcome address. Sri. A.H.Badrudeen, Principal of our College delivered the presidential address and Dr. M.S Noufal, Head of the Department of Malayalam proposed Vote of thanks.

The team championship in men and women section were bagged by TKM College of Arts & Science, Kollam and All Saints College, Trivandrum respectively. First Runner-up position in men and women section were secured by Govt. College, Karyavattom, Trivandrum. The second Runner-up position in men and women was bagged by Mar Ivanious College, Trivandrum and Bishopmoore College, Mavelikkara.



Inauguration of Chess championship by Sri. Ansar



Competition in progress



On 27th September 2018 at 4 pm, Sri. A.H. Badrudeen Principal of our College presided over the closing ceremony and Dr. Baiju.A, Head of the Department of Physical Education welcomed the guests. Sri. Junaid, Superintendent of our College felicitated and Dr. M.S Noufal proposed vote of thanks. In this function Sri. Ansar, coach of Anas Olympian and the medal winner in the Asian games held at Jakarta, and Anees Muhammed, National Long Jump medalist were honoured by our Principal Sri. A.H. Badrudeen. In his address to the students, Sri. Ansar asked the students to carry on extra-curricular activities simultaneously for the overall development.



Honouring the Chief Guest by the Principal



Winner (Men) TKM College, Kollam



Winner (Women) All Saints College, TVM



First runner up (women) Govt. College, Kariavottom



First Runner up (Men)
Govt. College, Kariavattom



Second Runner up (men)
Mar Ivanious College, Thiruvananthapuram



Second Runner up (women)
Bishopmoore College, Mavelikkara

Kerala University Intercollegiate Interzonal Chess Championship-Result

	Men	Women
1.	TKM, College of Arts & Science, Kollam	All saints College, TVM
2.		
3.	Govt. College, Kariavattom, TVM	Govt. College, Kariavattom
4.		
5.	Mar Ivanious College, TVM	Bishopmoore College, Mavelikkara
6.	KNM College, Kanjiramkulam	Mar Ivanious College, TVPM
7.	Bishopmoore College, Mavelikkara	Mother Theresa College, Kattakada
	Mannaniya College, Pangode	NSS College, Nilamel
	St. Girls College, Adoor	Mannaniya College, Pangode

Anshad of II TTM found a place in the Trivandrum District senior and Youth Volleyball team which took part in the senior state Volleyball Championships held at Idukki.

Dr.A.Baiju, Head of the Department of Physical Education accompanied the Kerala University Volleyball Men team for the Southzone Inter University Volleyball Championship held at SRM University Chennai from 9th to 14th November 2018.

An invited talk by
Department of



Dr.Shersha, Head of the
Physical Education, TKM College

Of Arts And Science, Kollam was organised for our students of health and Fitness course on 27th September 2018.

Talk by Dr. Shersha

Mannaniya Football League (MFL), a first of its kind in the history of Mannaniya College has been started this year (2018-19). The auction for the Players were held on 22nd February 2019 and the tournaments was inaugurated by Dr. P. Nazeer, Principal and Dr.A.Baiju, HOD of Physical

Education delivered welcome speech. Four teams participated in the tournament, namely as Royal 7's, Kombar's FC, Devil's United, and Titan's City FC.



The tournament came to an end at 4pm on the same day. In the most thrilling competition Devil's United took the winners trophy and Royal 7's were the first runnerup. Winners and the Runnerup trophy were given away by Sri.PradeepPrabhakar, Cine Artist on 30th March 2019 on the College day ceremony. MuhammedHaris of III BA has been adjudged as the best player for the year 2018-



19.





Logo of Mannaniya Football



League and various teams



Mannaniya Football League (MFL) 2018-19

Sl.No	Team	Captain	Manager
I	Devils United	UmarulFarook III B.Com	Adil III B.Com
II	Royal Sevens FC	Sabith III BA	Saran III BA
III	Titans City FC	Ramees II B.Com	Vishnu Chand III B.Sc
IV	Kombans FC	Unais III TTM	Arshad III TTM

Mr. Mannaniya 2018, the Best Physique contest was inaugurated by Sri. Kabeerkutty, the administrative Officer of Mannaniya trust and the former Private Secretary of the then education Minister Sri. Nalakath Sooppy. Sri. A.H. Badrudeen, Principal in charge presided over the function. In the most thrilling competition MuhammedAdil of III B.Com, Ashik.A.N, III B.Com and MuhammedMuflih of II B.Com bagged the first three positions respectively.

Best Physique 2018-Results

Sl.No	Name	Class
1	MuhammedAdil	III B.Com
2	Ashik.A.M	III B.Com
3	MuhammedMuflih	II B.Com

<u>Best Physique</u>	
I	Mohammed Adil III B.Com
II	Ashik.A.N
III	Muflih



Best Physique Inauguration-Sri. Kabeer Kutty



Pesidential Address-Principal



Best Physique Contest

Sports activities of our College is co-ordinated by the Sports Council of our College. Sports council Committees Comprises of Principal, three members from teaching communittee and one general captain and four students from four different Associations.

SPORTS COUNCIL MEMBERS 2018-19

Sl.No	Name	Designation
1.	Dr. P. Nazeer	Principal
2.	Dr.A.Baiju	HOD, Department of Physical Education
3.	Sri.Aseem. J	Assistant Professor of Commerce
4.	Dr. Dilshad Bin Ashraf	Assistant Professor of Psychology
5.	Sri. Al Ameen	Sports Club Secretary
6.	Vishnu Chand	Department of Chemistry
7.		
8.		
9.		

	Hilal Sabith Ashik.A.N	Department of Travel & Tourism Dept.of Islamic History Dept. Of Commerce
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Annual Sports Meet of the College was held on 20th and 21st March 2019. Dr. P. Nazeer, Principal (in charge) was the Chief Guest for the function. Dr.A. Baiju, Head of the Department of Physical Education delivered welcome address. Chief guest inaugurated the meet and hoisted the flag. Sports club Secretary Al Ameen took the oath and proposed Vote of thanks. Majority of the students and staff participated in various events with great enthusiasm.





Sports Meet-2018-2019

Cross Country Championship

The Cross country championship for men was held on 7th March 2019. Championship was flagged off by Smt. Sukanya Mullick, Department of Teacher Education, Scottish Church College, Kolkatta, West Bengal.



Cross Country Inauguration

Cross country championship (men)-Individual 2018 Result

Sl.No	Name	Class
1	Shamsheer.S	li ba

2	Unais.A	III TTM
3	Ashik.A.M	III B.Com

Cross Country Championship (men) Team Result

Sl.No	Association
1	TTM
2	BA
3	B.Sc

Tug-of-war for boys and girls were the main attraction among the sports activities. All four Associations with their boys and girls teams took part in the thrilling competition with great persistence.



Tug-of-war-Result-Men

Sl.No	Association	
	Men	Women
1.	TTM	BA
2.	B.Sc	TTM
3.	BA	B.Com

Health Club

Programmes

College Health and Fitness Club was inaugurated by Dr. M.S.Noufal, (HOD, Malayalam) on 30.07.2018. In his inaugural Address he explained the need and importance of Physical Exercise in the present lifestyle. In the Inaugural Meeting Dr. A. Baiju, HOD (Physical Education) and Co-ordinator of Health Club explained with video presentation about Aerobic Dance Programme. Dr. Dilshad Bin Ashraf, Department of Psychology and Sri.Anshaj, Department of Commerce were present on the occasion

Yoga Day Celebration at Mannaniya College, Pangode

International Yoga Day for the year 2018 was celebrated in our College on 21st June 2018. The programme was a co-ordinated effort of Health Club and NSS Unit of our College. Principal Sri. A.H.Badrudeen inaugurated the function and Dr.A. Baiju , Head Of the Department of Physical Education welcomed the participants and Dr. M.S. Noufal Department of Malayalam felicitated the gathering. NSS Programme officer Mr. Asseem proposed vote of Thanks. Sri.Dilshad Bin Asharaf, Department of Psychology, a qualified trainer in Yoga delivered a lecture on the importance of Yoga and was followed by a training session to all participants.



Yoga Day Celebration

Aerobic Dance

Aerobic Dance is a form of Physical exercise that combines rhythmic aerobic exercise with stretching and strength training routine with the goal of improving all elements of fitness especially Cardio Vascular fitness. With the goal of preventing illness and promoting Physical fitness, practitioners perform various routines comprising a number of different dances like

exercise with the help of a trainer. The Health and Fitness Club of our College with the support of Department of Physical Education started a programme on aerobic dance to the girls students and lady teachers of our College. Smt. Saleena Afsal, teacher in Physical Education, Govt. Higher Secondary School, Bharathannoor, an expert in this field inaugurated the event on 1st August 2018 and is the Chief Instructor of this programme. She used to conduct the training on all Wednesdays and Fridays from 3.45 PM to 4.30 PM. On all other days students with the help of female teachers of our College have participated in this interesting and most effective training sessions with great enthusiasm. Thirty girls students and seven lady teachers used to Participate in this programme regularly.



Smt. Saleena Afsal inaugurating aerobic dance programme.



Aerobic Dance Session

BODY MASS INDEX (BMI)

Body Mass Index is an internationally recognized measurement of obesity for adults based on weight and height. The health club and the Department of Physical Education combinelyconducted a test to assess the BMI (Body Mass Index) of the students and the members of teaching as well as Non-Teaching Staffs of our College. The parameters selected were Height and weight. The scores were collected by our members of Health club on 26th and 27th February 2019 and the scores calculated and were compared with standard chart. Accordingly the students were categorized in to many groups and were displayed in the notice board. The results are shown below.

BMI

Sl.No	Category	Percentage
1	Surely Under wt	7%
2	Under Weight	28.8
3	Normal	58.26
4	Over Weight	8%
5	Obase Class 1	1.12
6	Obase Class 2	028
7	Obase Class 3	—



Measurement taken for BMI